

## All about B.C. (Secondary)



# Yogurt



For this activity you'll want to refer to the "All About B.C. Yogurt" posters and slides from the [Feed BC in K-12](#) website.

- Draw a circle on the map showing where you live in B.C.
- After learning more about B.C. milk, draw an 'X' where our featured processor is located.
- Shade or colour in where the majority of yogurt is produced in the province.

1) Match each component of yogurt with the correct description of what it is or what it does. Draw a line or write the matching letter next to each component.

### Yogurt Components

1. Probiotics
2. Calcium
3. Protein
4. Vitamin D
5. Lactose
6. Live Cultures
7. Fat

### Descriptions

- A. The sugar naturally found in milk; some people have trouble digesting it.
- B. Beneficial bacteria added during fermentation that can support gut health.
- C. A mineral that helps build strong bones and teeth.
- D. A nutrient added to some yogurt to help the body absorb calcium.
- E. An essential nutrient your body uses to build and repair tissues like muscles.
- F. The part of yogurt that provides creaminess; levels can vary depending on the type.
- G. Microorganisms that turn milk into yogurt through fermentation.

2) Yogurt is made using live “good” bacteria that can support digestion and gut health. Which two types of beneficial bacteria are commonly used in yogurt production?



- A. E. coli and Salmonella
- B. Lactobacillus bulgaricus and Streptococcus thermophilus
- C. Bacillus subtilis and Clostridium botulinum
- D. Staphylococcus aureus and Listeria monocytogenes

3) What is the role of these bacteria in making yogurt?

- A. They help preserve the yogurt by removing all bacteria.
- B. They add artificial flavoring to the yogurt.
- C. They ferment the milk sugars into lactic acid, which thickens the milk and gives yogurt its tangy taste.
- D. They separate the cream from the milk.

4) Put the steps of yogurt-making in the correct order. Write numbers 1–6 next to each step to show the correct sequence.

- Milk is pasteurized by heating it.
- Live bacterial cultures are added to the milk.
- Milk is cooled to the right temperature.
- Yogurt is packaged and refrigerated.
- Milk and cultures are incubated to thicken.
- Milk is tested for quality.

5) Yogurt isn't just a snack – it's a versatile ingredient! How can yogurt be used in a meal? Think of a creative way to include it in a dish. Draw or describe your meal below.

# All about B.C. Yogurt - Teacher Resources



## Background Information:

- [All About B.C. Yogurt Poster](#)
- [All About B.C. Yogurt Scrolling Slideshow](#)
- [Buy BC Dairy Products](#)
- [SciShow Video - Why Are There Bacteria in My Yogurt?](#)
- [Make Your Own Yogurt - BC Dairy](#)
- [Farm & Food Care - Dairy Farm 360](#)
- [A Day in the Life of a Dairy Cow | Dairy Farmers of Canada](#)
- [Canadian Dairy Farm Discovery](#)

## Answer Key:

- 1) Probiotics → B, Calcium → C, Protein → E, Vitamin D → D, Lactose → A, Live Cultures → G, Fat → F
- 2) B. Lactobacillus bulgaricus and Streptococcus thermophilus
- 3) C. They ferment the milk sugars into lactic acid, which thickens the milk and gives yogurt its tangy taste.
- 4)
  1. Milk is tested for quality.
  2. Milk is pasteurized by heating it.
  3. Milk is cooled to the right temperature.
  4. Live bacterial cultures are added to the milk.
  5. Milk and cultures are incubated to thicken.
  6. Yogurt is packaged and refrigerated.
- 5) Answers will vary.

# All about B.C. Yogurt – Teacher Resources



## Curriculum Connections – Secondary

### Applied Design, Skills and Technologies

#### Food Studies

- Local food systems (8&9)
- Food trends, including nutrition, marketing, and food systems (10)

#### Culinary Arts

- Food products available locally via agriculture, fishing, and foraging, and their culinary properties (10)
- B.C. agricultural practices (11)
- Characteristics and properties of culinary ingredients (12)
- Identify, analyze and evaluate the influences of land, natural resources, and culture on the development and use of culinary ingredients, tools, and technologies (8-12)

### Science

- The relationship of micro-organisms with living things (8)

### Social Studies

- Use Social Studies inquiry processes and skills to ask questions; gather, interpret, and analyze ideas; and communicate findings and decisions. (8-12)

### English Language Arts

- Strategies and processes; reading strategies; oral language strategies; writing strategies (7-9)
- Synthesize ideas from a variety of sources to build understanding (8&9)
- Apply appropriate strategies to comprehend written, oral, and visual texts, guide inquiry, and extend thinking (8&9)
- Transform ideas and information to create original texts. (8&9)
- Respond to text in personal, creative, and critical ways (8&9)
- Express an opinion and support it with credible evidence (9)

### Physical and Health Education

- Sources of health information (8-10)
- Assess factors that influence healthy choices and their potential health effects (8)
- Potential short-term and long-term consequences of health decisions, including those involving nutrition (8&9)
- Identify factors that influence health messages from a variety of sources, and analyze their influence on behaviour (9)
- The role of nutrition and how it can affect health and performance (Active Living 11, 12)